

Improvement Report
2020 NE UVAC Regional Meet
Meet Date: 02/07/2020
Location: White River Junction, VT
Report Date: 02/10/2020

Athlete Name	Age	Gen	Event	P/F/T	Place	Points	Time	Base Line	Improvement	New Best Cut	Time Standard
Ashraf, Zamir	11	M	11-12 100 Free	F	25		1:32.86Y	1:38.29Y	-5.43		
Ashraf, Zamir			11-12 50 Fly	F	23		45.91Y	46.65Y	-0.74		
Ashraf, Zamir			11-12 50 Free	F	35		42.10Y	42.58Y	-0.48		
Cart, Addison	10	F	9-10 100 Back	F	4		1:30.59Y	1:34.00Y	-3.41		
Cart, Addison			9-10 100 Breast	F			1:32.70Y	1:42.64Y	-9.94		
Cart, Addison			9-10 100 Fly	F	1		1:36.25Y	1:42.92Y	-6.67		
Cart, Addison			9-10 100 Free	F	10		1:26.03Y	1:26.02Y	0.01		
Cart, Addison			9-10 100 IM	F	1		1:28.53Y	1:33.00Y	-4.47		
Cart, Addison			9-10 50 Back	F	2		41.73Y	43.66Y	-1.93		
Cart, Addison			9-10 50 Breast	F			44.82Y	46.08Y	-1.26		
Cart, Addison			9-10 50 Fly	F	1		42.01Y	42.58Y	-0.57		
Cart, Addison			9-10 50 Free	F	4		36.42Y	39.10Y	-2.68		
Cart, Courtland	8	F	8 & Under 100 Free	F	4		1:32.21Y	1:42.95Y	-10.74		
Cart, Courtland			8 & Under 100 IM	F	3		1:38.57Y	1:44.39Y	-5.82		
Cart, Courtland			8 & Under 25 Back	F	1		19.62Y	20.54Y	-0.92		
Cart, Courtland			8 & Under 25 Breast	F	2		23.49Y	25.56Y	-2.07		
Cart, Courtland			8 & Under 25 Fly	F	2		19.48Y	20.50Y	-1.02		
Cart, Courtland			8 & Under 25 Free	F	1		17.35Y	17.00Y	0.35		
Cart, Courtland			8 & Under 50 Breast	F	2		51.21Y	51.70Y	-0.49		
Cart, Courtland			8 & Under 50 Free	F	3		36.69Y	48.26Y	-11.57		
Colvin, Addison	10	F	9-10 100 Back	F	11		1:41.71Y	1:43.10Y	-1.39		
Colvin, Addison			9-10 100 Free	F	22		1:32.26Y	1:25.24Y	7.02		
Colvin, Addison			9-10 100 IM	F	25		1:47.76Y	1:44.86Y	2.90		
Colvin, Addison			9-10 200 Free	F	5		3:12.37Y	3:05.13Y	7.24		
Colvin, Addison			9-10 50 Back	F	4		43.20Y	44.77Y	-1.57		
Colvin, Addison			9-10 50 Breast	F	27		59.82Y	56.13Y	3.69		
Colvin, Addison			9-10 50 Fly	F	23		1:00.36Y	57.71Y	2.65		
Colvin, Addison			9-10 50 Free	F	31		40.08Y	37.90Y	2.18		
Fredette, Grayson	7	M	8 & Under 25 Back	F	13		25.35Y	26.20Y	-0.85		
Fredette, Grayson			8 & Under 25 Breast	F	15		38.47Y	40.30Y	-1.83		
Fredette, Grayson			8 & Under 25 Fly	F	11		30.74Y	32.25Y	-1.51		

Fredette, Grayson			8 & Under 25 Free	F	12	21.39Y	23.58Y	-2.19
Fredette, Ian	13	M	13-14 100 Back	F	24	1:21.22Y	1:23.60Y	-2.38
Fredette, Ian			13-14 100 Free	F	21	1:10.67Y	1:10.34Y	0.33
Fredette, Ian			13-14 50 Back	F	5	38.18Y	39.10Y	-0.92
Fredette, Ian			13-14 50 Free	F	11	30.30Y	30.37Y	-0.07
Fredette, Noah	10	M	9-10 100 Back	F		1:26.72Y	1:29.46Y	-2.74
Fredette, Noah			9-10 100 Breast	F	2	1:44.55Y	1:47.89Y	-3.34
Fredette, Noah			9-10 100 Free	F	1	1:16.79Y	1:18.63Y	-1.84
Fredette, Noah			9-10 100 IM	F	4	1:33.22Y	1:32.51Y	0.71
Fredette, Noah			9-10 200 Free	F	1	2:51.78Y	2:59.45Y	-7.67
Fredette, Noah			9-10 50 Back	F		39.54Y	42.00Y	-2.46
Fredette, Noah			9-10 50 Free	F		33.10Y	33.96Y	-0.86
Goh, Isabella	7	F	8 & Under 25 Back	F	4	22.84Y	22.18Y	0.66
Goh, Isabella			8 & Under 25 Breast	F	8	27.27Y	28.12Y	-0.85
Goh, Isabella			8 & Under 25 Fly	F	10	26.48Y	27.23Y	-0.75
Goh, Isabella			8 & Under 25 Free	F	9	20.78Y	19.75Y	1.03
Goh, Isabella			8 & Under 50 Breast	F	6	1:00.12Y	1:09.37Y	-9.25
Goh, Isabella			8 & Under 50 Free	F	16	44.81Y	45.29Y	-0.48
Goh, Julia	13	F	13-14 100 Back	F	5	1:10.66Y	1:09.85Y	0.81
Goh, Julia			13-14 100 Breast	F		1:20.16Y	1:17.86Y	2.30
Goh, Julia			13-14 100 Fly	F	5	1:12.84Y	1:13.13Y	-0.29
Goh, Julia			13-14 100 Free	F		1:01.66Y	1:00.44Y	1.22
Goh, Julia			13-14 200 Free	F	6	2:13.22Y	2:13.72Y	-0.50
Goh, Julia			13-14 200 IM	F	6	2:30.75Y	2:32.85Y	-2.10
Goh, Julia			13-14 400 IM	F	2	5:24.73Y	5:18.56Y	6.17
Goh, Julia			13-14 50 Free	F	5	28.59Y	28.23Y	0.36
Holmgren, Julia	16	F	15-18 100 Breast	F	15	1:22.09Y	1:22.82Y	-0.73
Holmgren, Julia			15-18 100 Free	F	11	1:00.86Y	1:02.73Y	-1.87
Holmgren, Julia			15-18 200 Free	F	5	2:09.32Y	2:13.63Y	-4.31
Holmgren, Julia			15-18 200 IM	F	15	2:35.14Y	2:37.61Y	-2.47
Holmgren, Julia			15-18 50 Breast	F	8	36.61Y		
Holmgren, Julia			15-18 50 Free	F	2	27.44Y	28.56Y	-1.12
Holmgren, Mia	10	F	9-10 100 Back	F		1:27.64Y	1:22.65Y	4.99
Holmgren, Mia			9-10 100 Breast	F	4	1:45.02Y	1:48.27Y	-3.25
Holmgren, Mia			9-10 100 Fly	F		1:40.24Y	1:33.51Y	6.73
Holmgren, Mia			9-10 100 Free	F		1:19.75Y	1:16.58Y	3.17

Holmgren, Mia			9-10 100 IM	F		1:32.52Y	1:28.08Y	4.44
Holmgren, Mia			9-10 50 Back	F		39.21Y	39.48Y	-0.27
Holmgren, Mia			9-10 50 Breast	F	7	50.72Y	51.53Y	-0.81
Holmgren, Mia			9-10 50 Fly	F		38.45Y	39.00Y	-0.55
Holmgren, Mia			9-10 50 Free	F		33.44Y	34.71Y	-1.27
Holmgren, Sophia	14	F	13-14 100 Back	F		1:09.35Y	1:07.80Y	1.55
Holmgren, Sophia			13-14 100 Fly	F	3	1:11.82Y	1:11.76Y	0.06
Holmgren, Sophia			13-14 100 Free	F	4	1:02.33Y	1:01.58Y	0.75
Holmgren, Sophia			13-14 200 Back	F		2:26.21Y	2:27.94Y	-1.73
Holmgren, Sophia			13-14 200 Free	F	5	2:13.21Y	2:14.57Y	-1.36
Holmgren, Sophia			13-14 200 IM	F	9	2:32.76Y	2:40.01Y	-7.25
Holmgren, Sophia			13-14 50 Back	F		32.08Y	32.45Y	-0.37
Holmgren, Sophia			13-14 50 Fly	F	3	31.32Y	32.62Y	-1.30
Holmgren, Sophia			13-14 50 Free	F		28.58Y	28.15Y	0.43
Holmgren, Sophia			13-14 500 Free	F	2	5:49.81Y	5:52.04Y	-2.23
Honecker, Samantha	7	F	8 & Under 100 Back	F	4	1:56.92Y	1:49.52Y	7.40
Honecker, Samantha			8 & Under 100 Free	F	10	1:40.59Y	1:54.37Y	-13.78
Honecker, Samantha			8 & Under 100 IM	F	11	2:07.91Y	2:10.57Y	-2.66
Honecker, Samantha			8 & Under 25 Back	F	5	23.09Y	23.67Y	-0.58
Honecker, Samantha			8 & Under 25 Breast	F	16	34.31Y	33.28Y	1.03
Honecker, Samantha			8 & Under 25 Fly	F	11	26.78Y	25.22Y	1.56
Honecker, Samantha			8 & Under 25 Free	F	10	21.71Y	21.11Y	0.60
Honecker, Samantha			8 & Under 50 Back	F	10	54.15Y	52.39Y	1.76
Honecker, Samantha			8 & Under 50 Free	F	13	43.97Y	44.42Y	-0.45
King, Nicholas	12	M	11-12 100 Back	F	13	1:30.48Y	1:27.73Y	2.75
King, Nicholas			11-12 100 Free	F	22	1:26.07Y	1:20.30Y	5.77
King, Nicholas			11-12 50 Back	F	15	39.59Y	39.68Y	-0.09
King, Nicholas			11-12 50 Free	F	28	37.05Y	35.47Y	1.58
King, Zachary	10	M	9-10 100 Back	F	10	1:48.08Y	1:49.26Y	-1.18
King, Zachary			9-10 100 Free	F	29	1:46.65Y	1:39.05Y	7.60
King, Zachary			9-10 50 Free	F	29	46.77Y	43.72Y	3.05

Kirchner, Brielle	8	F	8 & Under 100 Free	F	5	1:33.31Y	1:40.05Y	-6.74
Kirchner, Brielle			8 & Under 100 IM	F	4	1:43.38Y	1:45.75Y	-2.37
Kirchner, Brielle			8 & Under 25 Back	F	2	22.06Y	20.50Y	1.56
Kirchner, Brielle			8 & Under 25 Breast	F	4	26.44Y	25.09Y	1.35
Kirchner, Brielle			8 & Under 25 Fly	F	4	20.94Y	22.05Y	-1.11
Kirchner, Brielle			8 & Under 25 Free	F	3	18.30Y	17.34Y	0.96
Kirchner, Brielle			8 & Under 50 Back	F	1	45.23Y	45.98Y	-0.75
Kirchner, Brielle			8 & Under 50 Breast	F	9	1:01.04Y	55.10Y	5.94
Kirchner, Brielle			8 & Under 50 Fly	F	2	50.68Y	50.46Y	0.22
Kirchner, Brielle			8 & Under 50 Free	F	6	40.00Y	41.56Y	-1.56
Lamontagne, Anna	9	F	9-10 100 Free	F	29	1:34.99Y	1:39.29Y	-4.30
Lamontagne, Anna			9-10 50 Breast	F	32	1:02.00Y		
Lamontagne, Anna			9-10 50 Free	F	37	42.25Y	43.27Y	-1.02
Malhotra, Krishiv	11	M	11-12 100 Free	F	20	1:22.19Y	1:19.16Y	3.03
Malhotra, Krishiv			11-12 50 Breast	F	24	51.43Y	51.59Y	-0.16
Malhotra, Krishiv			11-12 50 Fly	F	27	50.15Y	47.34Y	2.81
Malhotra, Krishiv			11-12 50 Free	F	20	34.86Y	36.38Y	-1.52
Maramag, Graham	12	M	11-12 100 Back	F	1	1:17.78Y	1:19.65Y	-1.87
Maramag, Graham			11-12 100 IM	F	15	1:23.09Y	1:22.10Y	0.99
Maramag, Graham			11-12 50 Back	F	2	36.03Y	37.16Y	-1.13
Maramag, Graham			11-12 50 Breast	F	14	45.82Y	46.44Y	-0.62
Maramag, Graham			11-12 50 Fly	F	18	41.56Y	38.95Y	2.61
Maramag, Graham			11-12 50 Free	F	6	31.48Y	33.13Y	-1.65
Nicastro, Gabriella	11	F	11-12 100 Back	F	23	1:30.44Y	1:29.60Y	0.84
Nicastro, Gabriella			11-12 100 Free	F	38	1:17.00Y	1:17.58Y	-0.58
Nicastro, Gabriella			11-12 100 IM	F	56	1:29.46Y	1:34.72Y	-5.26

Nicastro, Gabriella			11-12 50 Back	F	29	38.92Y	39.96Y	-1.04
Nicastro, Gabriella			11-12 50 Breast	F	45	48.02Y	48.95Y	-0.93
Nicastro, Gabriella			11-12 50 Fly	F	46	44.37Y	46.97Y	-2.60
Nicastro, Gabriella			11-12 50 Free	F	38	33.05Y	35.00Y	-1.95
Stevenson, Harper	14	F	13-14 100 Breast	F		1:13.00Y	1:13.84Y	-0.84
Stevenson, Harper			13-14 100 Free	F		57.04Y	58.43Y	-1.39
Stevenson, Harper			13-14 200 Breast	F		2:35.25Y	2:38.35Y	-3.10
Stevenson, Harper			13-14 200 Fly	F		2:16.26Y	2:20.52Y	-4.26
Stevenson, Harper			13-14 200 Free	F		2:04.14Y	2:04.37Y	-0.23
Stevenson, Harper			13-14 200 IM	F		2:20.49Y	2:21.83Y	-1.34
Stevenson, Harper			13-14 50 Free	F		26.98Y	27.32Y	-0.34
Stevenson, Harper			13-14 500 Free	F	1	5:25.15Y	5:36.66Y	-11.51
Stevenson, Samantha	16	F	15-18 100 Breast	F		1:15.45Y	1:15.07Y	0.38
Stevenson, Samantha			15-18 100 Fly	F		1:03.66Y	1:03.26Y	0.40
Stevenson, Samantha			15-18 100 Free	F		56.06Y	55.44Y	0.62
Stevenson, Samantha			15-18 200 Breast	F		2:42.54Y	2:39.39Y	3.15
Stevenson, Samantha			15-18 200 Free	F		2:02.23Y	2:00.08Y	2.15
Stevenson, Samantha			15-18 200 IM	F		2:17.43Y	2:16.39Y	1.04
Stevenson, Samantha			15-18 50 Fly	F	1	29.07Y	36.37Y	-7.30
Stevenson, Samantha			15-18 50 Free	F		26.22Y	25.82Y	0.40
Stevenson, Samantha			15-18 500 Free	F		5:36.13Y	5:32.16Y	3.97
Tatro, Bayleigh	7	F	8 & Under 100 Free	F	14	1:54.86Y	2:01.30Y	-6.44
Tatro, Bayleigh			8 & Under 100 IM	F	10	2:06.98Y	2:07.66Y	-0.68
Tatro, Bayleigh			8 & Under 25 Back	F	16	24.57Y	25.00Y	-0.43
Tatro, Bayleigh			8 & Under 25 Breast	F	10	29.54Y	28.15Y	1.39
Tatro, Bayleigh			8 & Under 25 Fly	F	9	26.39Y	30.59Y	-4.20

Tatro, Bayleigh	8 & Under 25 Free	F	15	22.50Y	19.72Y	2.78
Tatro, Bayleigh	8 & Under 50 Back	F	12	54.33Y	54.64Y	-0.31
Tatro, Bayleigh	8 & Under 50 Breast	F	11	1:04.74Y	1:13.42Y	-8.68
Tatro, Bayleigh	8 & Under 50 Fly	F	8	1:12.39Y	1:15.76Y	-3.37
Tatro, Bayleigh	8 & Under 50 Free	F	21	47.93Y	44.12Y	3.81